

fit barre studios by Passport Pilates.

Location ► ► ►	Passport Pilates Studio Rte. 125 North Andover	Ctr. for Performing Arts Rte. 114 North Andover	Passport Pilates Studio Rte. 111 Hampstead, NH Starts 1-2-12
Monday		9:30 am Bar Sculpt® 7:30 pm Bar Sculpt® (start date TBA)	9:00 am Bar Sculpt® 7:00 pm Bar Sculpt®
Tuesday	10:30 am Bar Sculpt® 7:00 pm <i>fit barre</i>		10:30 am L1 Bar Sculpt® 5:30 pm Booty Barre®
Wednesday	10:30 am L1 <i>fit barre</i> 6:30 pm <i>fit barre</i> (start date TBA)		9:00 am L1 Bar Sculpt® 7:00 pm <i>fit barre</i>
Thursday	10:30 am Bar Sculpt® 7:00 pm <i>fit barre</i>	9:30 am Bar Sculpt®	10:30 am Bar Sculpt® 5:30 pm Booty Barre®
Friday	8:30 am <i>fit barre</i> 9:30 am <i>fit barre</i> (will begin once 8:30am is full)		9:00 am Booty Barre® Or <i>fit barre</i>
Saturday	8:30 am L1 <i>fit barre</i>		9:30 am L1 <i>fit barre</i>
Sunday		10:00 am Bar Sculpt® <i>or fit barre</i>	

We will add more barre classes once these class times fill !

See Reverse for Barre Workout descriptions...The **Booty Barre®** coming in January !

Passport Pilates Studios will offer our clients three types of barre workouts. Although very similar, each has its own unique timing & style, all promising to offer a fantastic workout. Below is a little background on each . . .



Developed by Leslie J. Hamm.

Leslie J. Hamm creator of BarSculpt™ started her fitness career while living in NYC after graduating from the University of Southern Maine with a degree in Theatre. While working in NYC she had the pleasure of studying under Lotte Berk Method founder, Lydia Bach; Core Fusion Founders, Elisabeth Halfpapp and Fred DeVito; and Kimberly and Katherine Corp. After teaching the Lotte Berk Method, Leslie became certified first as a STOTT Pilates Instructor, also a Certified Personal trainer and later as an instructor and instructor trainer for Pilates Academy International.

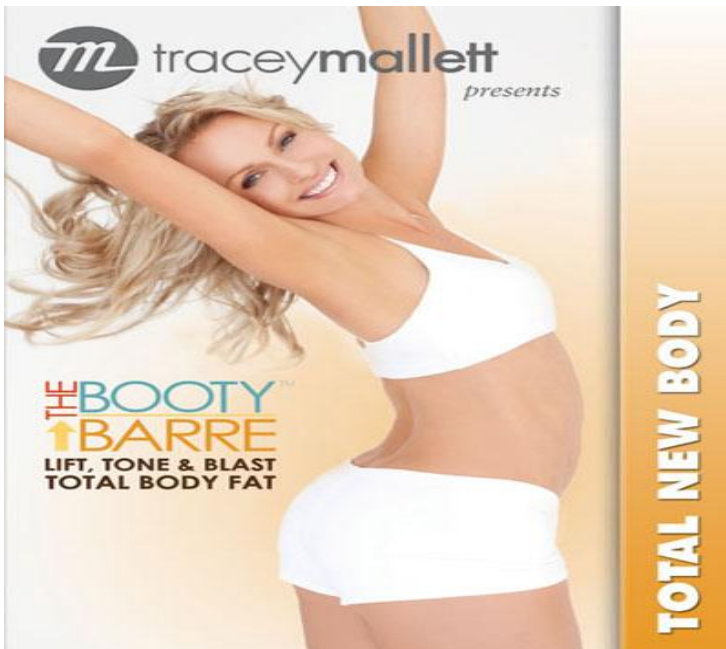
Inspired by the Lotte Berk Method, BarSculpt™ classes are best described as Pilates evolved, allowing both men and women to find more ease in movement, coordination and flexibility BarSculpt™ brings together the disciplines of Yoga, Pilates, and sports conditioning into one system, targeting specific problem areas like the seat, abdominals, arms, and thighs. Exercising has never felt or made you look better. Get prepared to build a strong core, improve your posture and focus your mind with BarSculpt™ ! BarSculpt™ classes are structured into an interval format as recent studies show that interval training burns the most calories and is the most effective method of improving cardiovascular health. BarSculpt™ uses a ballet barre, small hand weights, and your own body weight, to build a strong, flexible, and healthy sculpted body.



Lotte Berk (January 13, 1913 - November 4, 2003) a German dancer who fled the Nazi's in the late 1930's and came to London with her British husband. After injuring her back, Lotte got the idea of combining her ballet bar routines with her rehabilitative therapy to form an exercise system. In 1959 she opened The Lotte Berk Studio in her West End basement. There, she sculpted the bodies of her students, among them Brooke Shields, Joan Collins and Brit Eklund, as she entertained them with bawdy humor and tips on love. When she was 46, she opened the Manchester Street studio for exercise, which only women could attend. Some of the names she used for her exercises were unusual such as "the Prostitute", "the Peeing Dog" and the "French Lavatory".

One of her students, an American named Lydia Bach, was so impressed with the technique that she bought the rights to Lotte's name and in 1971 opened The Lotte Berk Method exercise studio in Manhattan.

This story sounds much like that of Joseph H. Pilates doesn't it ?



The Booty Barre™

Starts in January and will offer an All Level (Flex & Flow) & Level 2 (Booty Barre Plus) Barre Workout !

The Booty Barre™ was developed by fitness and lifestyle expert Tracey Mallett. Tracey is a Master Pilates presenter and certified fitness instructor who began her career in London as a dancer in musical theater. Her two greatest passions in life are Pilates and dance, but she also understands the need for people to cross train to stimulate all the muscle fibers and keep boredom at bay.

She realized that her clients who regularly did Pilates were looking for something similar, but with an added cardio element. After a year of perfecting The Booty Barre™ method at her Pilates studio in Los Angeles, Tracey produced the best selling Total New Body DVD. The Booty Barre™ continues to gain popularity around the world. In 2011, The Booty Barre™ became international with programs in Canada, South Africa, Turkey and soon Japan.

fit barre A fusion of barre, pilates, TRX & strength conditioning.

A 50 minute, total body workout. Begins with warm-up and moves to working intervals on the ballet barre, mat, weights and/or TRX . All movements are intense - pulsing within a small range of motion – designed to keep your heart rate elevated and working at intervals. All muscles are targeted, overloaded to the point of fatigue, then released with a stretch. Energizing, motivating music keeps you focused on moving through this challenging workout. This workout has a stronger emphasis on strength conditioning providing more weight intervals than other barre workouts. **Unlike many large group barre classes**, no matter which barre workout you attend of ours . . .Our instructors will know your challenges prior to class and will offer modifications & challenge options throughout the workout. We will provide the attention to keep you SAFE, yet challenged.

Introductory Offer . . . Receive your 2nd class FREE !
1st class \$16. 2nd class FREE.

Go to our Online Store . . . select “ New Client, Second Class Free ”

The Barre & TRX Pricing

<u>Per Class Purchase</u>	<u>TRX 30</u> minutes	<u>TRX 50</u> minutes	<u>BARRE 50-55</u> minutes
1-9 classes	13.	18.	18.
10 classes	8.	16.	16.
20 classes		14.	14.
30 classes		12.	12.

Pilates for Life Membership Clients

Receive a 10% deduction on all above per class prices, not membership fees.

Pilates Session Clients

Receive a 5% deduction on all above per class prices, not membership fees.

Client must have an active pilates package to receive this discount.

How to sign up?

Go to passportpilates.com and click Online Scheduler.

Establish a user name and password.

Select & purchase **OR** Call our office for assistance.

Reserve a class up to 14 days in advance.

Introductory Offer:

The 30-Day Unlimited New Client Special for \$100. is available for purchase online and at the studio.

Monthly Options after introductory “New Client” 30 day offer

1 month unlimited \$200.

3 month unlimited 185./mo.

Expiration & Cancellation Policies

10, 20 & 30 class packages expire 9 months from date of purchase and are non-refundable.
Unlimited monthly packages expire one month from date of purchase, no exceptions.

If you cannot attend class, please cancel 12 hours prior to the class.

If you arrive more than 10 minutes late you will not be permitted to enter class and no refund will be issued. *This policy is designed for your safety !*

Three month unlimited - no freezes permitted and there is a 30-day advance cancellation policy.

Studio Policies

12-hour advance notice is required for cancellation.

Upon arrival, while in waiting areas & trips to restroom, please be courteous of Pilates classes in session (inside voices please)

Barre & TRX classes are limited to 12-20 depending upon studio location, so please sign up in advance. Many classes fill up, so make your reservation online early. All classes must be reserved and paid for online prior to class

Please arrive at least five minutes prior to your first class to fill out paperwork.
You may enter Barre & TRX 50 classes up to 10 minutes from start time.
You must be *on time* for the TRX 30.

If class is in session for more than 10 minutes, returning clients will not be permitted to join.
This policy is designed for your safety !

Barre & TRX reserves the right to cancel classes with less than 4 participants.
Every effort is made to notify those registered.

Turn cell phones OFF before entering the studio.

No food or drink allowed in the studio except water - no coffee cups & NO GUM !

Attire : *Please wear pants that cover your knees.*

Socks are required- Grips on soles recommended. **Indoor** sneakers required for TRX.
We sell sticky socks for \$14. per pair if you need them.